

# ZOOT<sup>TM</sup>

THE MAGAZINE

SHIFT INTO  
HIGH ZOOT



**THE  
RIGHT  
STUFF**

Do You  
Have It?

**PLUS: MUSIC BIO'S**



# ZOOT CONTEST

## THE ART OF FRIENDSHIP

BY ROXY PORTER

Another great ZOOT contest.

It's a chance for you to tell us all about your friends and what they mean to you.

Your entry can be anything which shows how you feel about friends. It can be either an illustration or a piece of writing. Design your illustration in any size or color you like, even in black and white. Or jot down a few words of a poem, short story, or, if you're really excited, an essay. There will be two winners, one from each category and each will have their work published in ZOOT.

The topics for this contest have no limit, so try to recall some of those great times when you and your friends have been out together having fun. How about when you've lent each other a helping hand? What about how you feel about your best friend — how can you show or tell that?

And what about meeting brand-new people and try to build a friendship? What forms a bond between two people who seem to have nothing in common? We're expecting a lot of entries for this, so take some time to think about friendship, put your impressions down on paper and send them into us by June 15, 1987.

There are a few rules, but only a few. To enter, you must be an Alberta resident aged 12 to 17. Each entry must be complete with your name, age, address and telephone number. Your entry must be your own creation and it has to deal with friendship.

So put your thoughts on paper (or whatever!) and send them to:

ZOOT's Friendship Contest  
c/o 2410 144 - 4th Avenue S.W.  
Calgary, Alberta T2P 3N4



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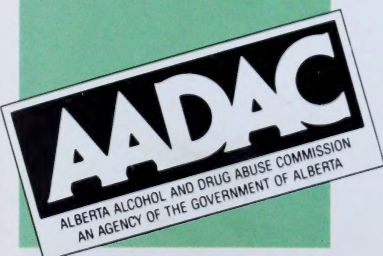
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Adapting to change can really be a lot of fun even though it can be quite a challenge.

During the past few months, I've started a new job at ZOOT, moved from an apartment to a house and made many new friends along the way.

I've discovered that deciding to take the first step is the most important part of trying to reach a new goal. And secondly, persistence is the key to tackling a new task. But if you stick with a project, things are bound to fall into place.

And that's exactly what's happening at ZOOT.

Check out the great triangles in the top corner of each page. They will really make flipping to your favorite section of ZOOT a lot easier.

My fave is the one for "Break." Which one do you like the best?

And have a look at our new section called "The Right Stuff" - it's all about trying something new and using what you learn to develop character skills.

It's always great to go for a change but it's even better to hear what other people think about it. So let me know - I love getting letters at my new address!

- ROXY PORTER



PHOTO: RIC KOKOTOVICH

The theme of this early summer ZOOT is change. For fun try the quiz "How Well Do You Handle Change" on page 7. You're about to go through some changes yourself - wrapping up another school year and heading into the bliss of summer. Maybe that means a new summer job, a vacation or full-time work on the family farm. Whatever it is, have fun and give it your all!

ZOOT is going to see some changes as well. First of all, there's a new editor, Roxy Porter, and a new art director, Rick Thomas. Both are cooking up some hot new ideas for stories and pictures so keep your eyes peeled!

As for me, I'm going on to some exciting new challenges. However, I'll still be involved with ZOOT: writing and helping out where needed. I plan to keep in touch and so should you.

- VALERIE BERENYI

## CONTENTS

2 A CONTEST For friendship

10 WHEN FRIENDS CHANGE Surviving the loss of a friend

16 MUSIC BIOS Zoot checks out the stars



## FEATURING

18 INTERVIEW: IRON MAIDEN  
GETTING THROUGH TO YOU:  
NEVER LOOK A CRISIS IN THE EYE



24 THE RIGHT STUFF Do you have it?

## IN EVERY ISSUE

ZOOTSCOOPS 4 9 BREAK

LOVE 'EM/HATE 'EM 5 12 SEEN & HEARD

HOT KIDS 6 13 BODY WORKS

TAKE THE TEST 7 27 YOU ASKED

STRAIGHT GOODS 8 27 LAST WORDS



COVER PHOTOGRAPH: RIC KOKOTOVICH  
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## ZOOT SCOOPS

## ZEKE



## VIDEO WINNER

by Arly Campbell

"Dance Your Legs Off." Now that sounds like a great video, right? ▲ZOOT recently went to meet some great kids from Prairie River Junior High School in High Prairie who produced and directed the winning rock video for AADAC's "Zeke and The Indoor Plants" contest. ▲It took Ms. King's Grade 8 Drama class about six weeks to put it together. Their teacher operated the camera, while the students did the writing, producing, directing, acting and editing themselves. "Editing was the hardest. It was hard trying to put in the best and take out the worst. It was all worth it though," says Wayne Field, 13, whose concept of "Ed Grimely," a character adapted from Saturday Night Live and originally played

by Martin Short, was chosen to be the theme for the video. ▲The prize package included an appearance on CBC TV's *Monday Magazine* and plaque presented to the school by AADAC and CBC. ▲The judges for this contest were Lee Mackenzie and Ted Barris, the co-hosts of *Monday Magazine*, and George Claxton and Gordon Rinning of AADAC. ▲Lee Mackenzie said the going was tough when judging the videos. "We had over 70 entries, all of which were really, really good. We were just bushed by the time we got around to seeing this one. It was the last one in the pile; but when we saw it, we just knew it was the right one." ▲Way to go, Prairie River!

## TEENS FOR PEACE

by Colleen Seeberger

When Gloria Olchow, a teacher at Archbishop Jordan High School in Sherwood Park, took some of her students to the International Institute for Peace held in Edmonton last July, she had no idea they would become so concerned about global issues. ▲Over the summer, six of those students organized a group called Youth Evolution in Society (YES). In September, they brought YES to school where it quickly attracted more than 30 members ranging in age from 14 to 17 years. Under the guidance of Ms. Olchow, they meet once a week to discuss such global issues as hunger, poverty, militarism and nuclear war. ▲Danny Di Luigi, 15, is quick to point out that "we are not peace hippies or a cult, we simply want to make people aware of what's going on in the world." And they are. In their effort to promote public awareness, they have developed a series of 12 skits dealing with global concerns. ▲They recently performed at a Peace Evening held at the University of Alberta and at the Sherwood Park Peace Day. The money raised by these performances goes towards such projects as buying goats for impoverished families in India. Their most ambitious project to date has been *Tools For Peace*, a shipment of school supplies sent to Nicaragua last February. ▲Two of the group, Ron Briscoe, 16, and Darren Boisvert, 16, participated in the International Youth for Peace and Justice Tour last fall. Together with 92 other students, mostly from Third World countries, they toured Ontario and Quebec. ▲Gloria Olchow reports the group has the enthusiastic support of parents. "They are making people aware that young people have a lot of positive contributions to make and much to offer the adult community."

## KIDS OF STEEL TRIATHLON

by Kate Yorga

If you've always thought of yourself as just a runner or just a swimmer, try combining them with cycling to test yourself at the third annual Kids of Steel Triathlon in Calgary on July 5, 1987. ▲This co-ed competition, open to Canadian youths, is organized by the Alberta Triathlon Association to promote the relatively young sport. ▲The Kids of Steel event isn't as gruelling as Hawaii's notorious "Ironman" triathlon: youths aged 10 and under swim 200 metres, cycle three kilometres and run 500 metres; both 11-12 and 13-14 age groups swim 400 metres, cycle eight kilometres and run 1,500 metres; and ages 15-18 swim 800 metres, cycle 16 kilometres and run six kilometres. ▲The focal point for this year's triathlon is Glenmore Pool, with the run held at a nearby track and cycling on a circular street

route. Participants' safety is of prime importance says Gisele Matsom, race director, and includes a bicycle safety inspection prior to the triathlon. ▲The day starts at 8:45 a.m. and includes lunchtime sustenance provided by sponsors. ▲Sponsors also provide great prizes like running pants and shoes, cycling gloves, and water bottles, won through draws from all participants' names. The top three males and females in each age category will receive trophies. ▲Last year's event attracted 60 competitors. While participants don't have to be members of the Alberta Triathlon Association, there is a \$15 entry fee.

Write to: Kids of Steel, Alberta Triathlon Association, P.O. Box 34, Station M, Calgary, Alberta T2P 2G9. Or for more information, telephone Gisele Matsom at (403) 282-8348.

## a-ha WINNER

by Arly Campbell

And the winner is .... Nam Quoc Ly, 14, of Edmonton. He's our a-ha *Good Things Come in Threes* Contest winner. Nam won three a-ha albums and a poster of from their newest album, courtesy of WEA Music! He answered every question correctly. The answers are:

- 1) In December of 1983, a-ha signed their first recording contract with what label? WARNER BROTHERS. Their first album, HUNTING HIGH AND LOW, contained the monster hit and their first single, TAKE ON ME. This success earned them "Best New Group" and six other statuettes at the "MTV Video Awards." In 1986, they released their second album, SCOUNDRELS DAYS.
- 2) Any true blue a-ha fan should have no problem unscrambling the names of our three stars and matching their names with their instruments: LAP RATAWAKA = PAL WAAKTAAR (GUITAR, KEYBOARDS)  
GAMS = MAGS (KEYBOARDS)  
ONTREM THERKA = MORTEN HARKET (VOCALS)
- 3) a-ha words:  
1) BAHAMAS A Caribbean vacation spot.  
2) TAJ MAHAL Famous Indian temple.  
3) SAHARA Another real sandy, hot spot!

Three cheers for Nam!





Many people think of fashion as a series of rules and regulations coming out of Paris every year. Not so! Fashion can be the individual's hope of breaking the surface in a sea of conformity – a declaration of creativity!

Even though we are bombarded by all kinds of advertisements – what to wear, when and how to wear it – the final decision of how to put it all together is our own. We can indulge personal attitudes and whims through what we choose to wear. I put on my Levi's, a white shirt and a leather tie and I am aggressive, indomitable. Clothing provides us with new worlds to escape from the drudgery of day to day. These worlds are paintings; our bodies become the canvas, the fabric the paint. Unlike drawing or painting, however, the limit is not the skill, but imagination. This picture is not locked away in an art gallery for a select few. It is our creation displayed for all the world to see. Just think, our own designs and artistic merits exhibited wherever we go! Anyone can make a statement and be noticed as a unique individual brimming with talent!

People do want to be noticed. Through clothing, we can be seen how we want to be seen. It reflects our perspective

## ISSUE: FASHION

In North America, the fashion industry is one of the most dynamic and fast - growing sectors of our economy. This is largely due to the ever-increasing market for new fashions. As far as I'm concerned, fashion as a whole is shallow and meaningless.

For some reason (most likely the constant pressure of image-oriented advertisements), our society has become obsessed with the "Good Life." Along with fitness, fashion has swept our national conscience. Never before has what we wear been so important.

I think it's wrong to judge people by their clothes. Some people have trouble keeping up with changing fashions. Others can't afford to buy expensive, fashionable clothes. Some just don't care.

Furthermore, fashion is quite ridiculous. How exactly does a pair of boat shoes represent individuality and integrity? The answer is simple: it doesn't! In my opinion, fashion is not artistic or expressive; it only satisfies our basic need to belong.

Finally, fashion is too trendy. The moment a new fashion arrives, it seems like everybody's got to have it. Another fashion will come along and before you know it, your expensive sweater is out of style. What's the point in accumulating a closet full of obsolete clothes? Not for me, thank you.

BY SEAN TOWNSEND

Sean Townsend is 16 years old and an honors student at Spruce Grove Composite High School. His hobbies are reading, drawing, motorcycling and playing the guitar. He plans to attend the University of Alberta to study business.



on the world and affects the world's perspective on us. Your personal sense of style in ripped shirts and combat boots is a non-violent way of rebelling against the norm. The ability to stand out in a crowd based on inventiveness makes people more receptive. A hint of lace or exuberant splashes of color say things for which we could never find words. Visual is verbal!

BY LAURIE PACARYNUK

Laurie Pacarynuk, age 16, is an honors student at Sir Winston Churchill High School in Calgary. She loves to write and her other hobbies include swimming on her swim team, cross-country skiing and playing the piano. Eventually, she hopes to work in the field of biology when she graduates from university.





# ALBERTA HOT KIDS

## INTO THE FUTURE

by Arly Campbell

Jennifer Wood can see into the future by using an unusual training technique in her gymnastic routines. ▲This energetic 14-year-old Calgary native, has been participating in gymnastics since she was four years old at the Altadore Gymnastics Club. ▲For the past year and a half, Jennifer has been using mental imagery to learn and develop her skills. "My coach taught me about it. I make up in my mind what I have to do. I go through a routine and see it over and over again. Then I physically do it." Jennifer says it doesn't mat-



ter how tough the particular move is, she visualizes everything. "Your mind doesn't really know the difference between imagining things and doing them, like your body does."

▲Jennifer deals with the stress of competition by using mental imagery as well. "Usually I try to keep the competition out of my mind. But I do use mental imagery the night before for about 20 minutes, or as long as it takes to go through that one routine. But after that, I try not to be thinking about the meet so I don't get all uptight and nervous about it. I use it to get psyched up, not psyched out." She adds that she doesn't like to watch other people compete because it does make her nervous at times. "You don't like to see someone who may be better than you." ▲But there wasn't anyone better than Jennifer in the tyro division in 1986. She was number one in that division in Alberta. Jennifer wants to go on to the Canadian Nationals and has her sights set for the 1988 Summer Olympics in Seoul, Korea. ▲FOR MORE INFORMATION ON GYMNASTICS, CONTACT THE ALBERTA GYMNASTICS FEDERATION AT #202, 4722 - 1 STREET S.W., CALGARY, ALBERTA T2G 0A2.

# ON TARGET

by Colleen Nielsen Hyde



Nicole Gottert, 17, is a sharpshooter with a steady arm and an even steadier eye. After all, she can shoot a perfect score target shooting with a .303 rifle. ▲"Actually, I missed the target a lot when I first started," admits Nicole. "Once I even shot the wall in an indoor target range I was practicing at!" ▲This Hinton teenager is dedicated to her craft, practicing almost year-round. She's an Army Cadet, part of a military organization for teens that teaches discipline, leadership, map and compass and, of course, target shooting. ▲It's through her Cadet Corps that Nicole has competed at various levels. After placing first in the Prairie Region, she competed nationally in Ottawa. As one of the nation's top 25 shooters, Nicole will now be trying out in Victoria for the elite 18-member Cadet Bisely Team. The Bisely Team will spend six weeks in England this summer in an international exchange. ▲Nicole shoots in a prone, lying down position, at targets three to seven-feet wide from distances of usually 300, 500 and 600 yards. ▲"I only concentrate on the bull's eye when I'm shooting. I don't even allow myself to think about the other rings," says Nicole. "You've got to focus on the positive. Your mental attitude is the most important thing in shooting." ▲Nicole Gottert is one hot kid who's on target. ▲FOR MORE INFORMATION ON THE CADET CORPS, LOOK IN YOUR PHONE BOOK FOR THE GOVERNMENT OF CANADA, CANADA SERVICE BUREAU NUMBER.

## BIG WHEEL

by Colleen Nielsen Hyde



Lankoff's the name - motocross is the game. ▲"Motocross is exciting - it's really thrilling," says Michael Lankoff. "I'm a competitive person. Racing has made me that way." ▲Competing is something the 17-year-old racer from Sherwood Park knows about. He's the 1986 national junior champion in the 125 cc category and second in the 250 cc category. He's the current Alberta champion in both categories, and a former winner in the 80 cc expert division. This year, Michael is competing in the intermediate class. And next year? The pro circuit! ▲Motocross racing runs in the family. "My father got me into it," says Michael, "He's been competing for more than 10 years. Two uncles and a cousin also ride." Michael started riding at the age of seven and competing at the age of nine. ▲Michael and his father will travel the Alberta circuit most weekends from April until September, competing in nine races where Michael will accumulate points in quest of his next title. The races are measured by time, not laps. "All the races are 20 minutes long. Then the last lap flag is shown," explains Michael. ▲What skills does it take to be a good racer? "Quick decision making," he answers, "and concentration. When you're racing, you've got to devote yourself totally to it. You've also got to be in good physical shape. It's more of a stamina sport than a strength one," says Michael. ▲Watch for Number 71 on the pro circuit next year. Michael Lankoff plans to be there. ▲For more information on motocross and related sports, please write to the Alberta Regional Office, Canadian Motorcycle Association, Box 2975, Stettler, Alberta T0C 9L0.



# HOW WELL DO YOU HANDLE

TAKE  
THE  
TEST



BY VALERIE BERENYI

1. One of your friends tells you that you have a bad habit which he/she thinks you should change. This is news to you so you react by:

- a) considering his/her comments carefully to see if there's any truth behind them;
- b) telling him/her to take a hike, but secretly following his/her suggestion;
- c) feeling really hurt and upset.

2. You have an opportunity to go to Southeast Asia for one year as a foreign exchange student. You:

- a) feel excited but quite nervous about the prospect;
- b) want to jump on the plane tomorrow because you've always wanted to travel, but realize there's a lot of planning to do;
- c) turn down the offer. You couldn't bear the thought of leaving family and friends.

3. Your best buddy is moving halfway across Canada to another province. You:

- a) write your best friend only when something important or exciting happens, but start up some new friendships;
- b) promise to write every day;
- c) find new friends who interest you.

4. You had a wild crush on someone at school a month ago but have since decided this person isn't for you. Unfortunately, that person is now crazy about you. You would:

- a) let that person know how you feel but try to be just friends;
- b) renew your interest. It's great that someone likes you;
- c) avoid him/her like the plague.

5. Your plans for a movie with a friend fall through and you find yourself alone for an evening with nothing much to do. You would:

- a) relax and enjoy some quiet time by yourself;
- b) find something to keep yourself busy;
- c) keep phoning your friends until you find someone to talk to.

6. It's Friday afternoon and your chemistry teacher decides to spring a surprise test on the class for Monday morning. You:

- a) react with anger and panic;
- b) accept the fact that teachers are sometimes unpredictable and try to do some studying on the Sunday;
- c) cancel your weekend plans and bury your face in the chemistry books.

7. You've applied for a summer job stocking shelves for the local grocery store. The owner calls and asks you to start work on Saturday (two days away). You hadn't planned on starting work for at least another month. You:

- a) agree to start work early but feel a bit nervous;
- b) turn down the offer because you're not yet "psyched" to start working;
- c) can't wait to start because you need all the extra cash you can get!

8. You've been friends with a small group for years. Lately you've been feeling a bit bored with them — you always know what they'll be doing and hanging out with them just doesn't seem fun anymore. You:

- a) remain very close to your old friends but build up other friendships as well.
- b) stick with your friends. Even though they can be dull, you need to know they're there for you;
- c) can't cope with boring! You find some new friends as soon as possible.

9. By the same token, you're a bit bored with your life. How would you go about getting a little more excitement in your life? You:

- a) change schools, change friends, change your part-time job. Anything for a new challenge;
- b) get involved in a new hobby, sport or activity;
- c) take things as they come. Your life is basically fine right now.

10. Write down two changes you've recently considered making:

- a. \_\_\_\_\_
- b. \_\_\_\_\_

SCORE:

For question 10, if you wrote down one or two changes, give yourself 1 point. If you're currently making one of those changes, give yourself 3 points.

1.	a	3	b	2	c	1
2.	a	2	b	3	c	1
3.	a	1	b	3	c	2
4.	a	2	b	3	c	1
5.	a	3	b	2	c	1
6.	a	1	b	3	c	2
7.	a	2	b	1	c	3
8.	a	2	b	3	c	1
9.	a	3	b	1	c	2
10.	a	3	b	1	c	2

Check your results on page 26.



# STRAIGHT GOODS

## 1. What happens to drug addicts if they suddenly quit?

When an individual suddenly stops taking drugs, they may experience "withdrawal" symptoms depending on the type and amount of the drug, how long it was used and the person's general health. For example, a person who drinks as little as two strong cups of coffee (the caffeine in coffee is a drug) may feel tired and get headaches when they suddenly stop drinking coffee.

## 2. What can you tell me about alcohol poisoning?

Alcohol overdose or alcohol poisoning results when extremely large amounts of alcohol are consumed, usually in a short period of time. For example, a 150 pound male consuming the equivalent of 24 beer in one hour would have a blood alcohol level of approximately 0.5 percent. This level of blood alcohol is high enough to cause breathing to cease and the heart to stop. Chug-a-lugging much smaller amounts of hard liquor could produce the same effect.

## 3. Can taking cocaine once or twice cause any permanent damage?

Generally, the effects of cocaine depend on the amount taken, the purity of the drug, how the drug is taken and the state of the user. Permanent damage

does not usually result from taking cocaine once or twice. In rare instances, death has been known to result from a single dose.

## 4. How well does nicotine chewing gum work for people trying to quit smoking? What's the best way to quit?

Nicotine chewing gum, which must be prescribed by a physician, may be helpful in reducing withdrawal symptoms. Not all methods of stopping smoking are useful to everyone. However, quitting "cold turkey" although it may be difficult at first, is considered generally to be the most effective way to stop smoking.

## 5. Other than "getting you drunk", what does alcohol do to your body?

The feelings or sensations that are a part of "getting drunk" are a result of the short-term effect of alcohol on the body. Alcohol slows the action of the central nervous system and, as a result, can reduce inhibitions, decrease fear, increase risk-taking behaviors and produce feelings of joy. It may also make some people feel aggressive or depressed. Alcohol can also impair hearing, vision and touch. Muscle coordination and the ability to react quickly and skillfully are also affected.

## STRAIGHT GOODS

Straight Goods will give you the straight information on anything to do with alcohol and drugs. Send your questions to:

**STRAIGHT GOODS**  
c/o ZOOT, The Magazine  
2410, 144 - 4th Avenue S.W.  
Calgary, Alberta  
T2P 3N4  
or phone toll-free 1-800-372-9578

ALL NAMES ARE KEPT STRICTLY CONFIDENTIAL.  
ALL YOUR QUESTIONS WILL BE ANSWERED BY AADAC STAFF.



## FLORIDA

Fort Lauderdale is the spring break capital of North America, but what is life like for the students who live there all year? We sent ZOOT staffer Lori Payne to find out. Okay, she was actually there on holidays and agreed to help us out. Armed with a winning smile and freelance photographer, Wade Caldwell, she invaded Fort Lauderdale High School. Instead of evergreens, they found palm trees in the school yard ... right next to the outdoor swimming pool. If you're wondering why some of the students are wearing sweaters, hey, it was February when these shots were taken. The temperature was a chilly 25°C. Hmmm ... wonder if they'd be interested in a student exchange ... ?

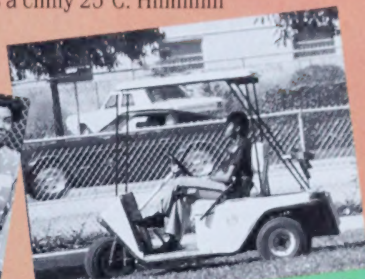
by Daryl Hooke



We aren't goofing off. "Cheering" is a course here.



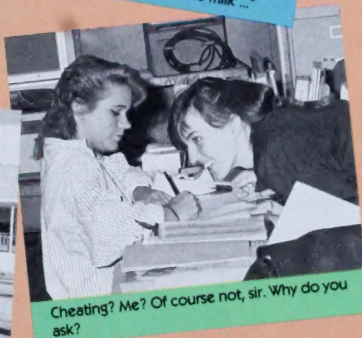
"M-m-m-moo cows m-m-m-make milk ..."



I wonder how the other kids are getting to school.



If the network revived "Charlie's Angels," the girls were ready to answer the call.



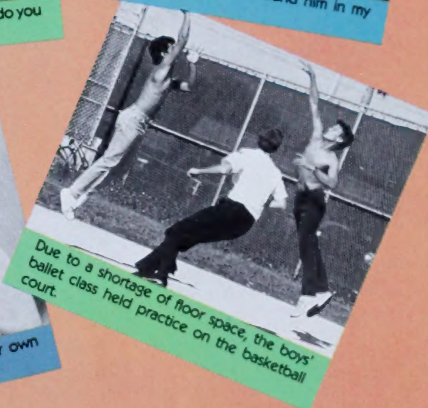
Cheating? Me? Of course not, sir. Why do you ask?



I don't know who he is. I found him in my locker.



The ZOOT snoops get a taste of their own medicine.



Due to a shortage of floor space, the boys' ballet class held practice on the basketball court.

BREAK





# WHEN I CHY

Best friends are the greatest! We watch television together, we laugh together and we do homework together. We remember each other's birthday. We share our secrets, our clothes and our lunch. With so much in common, we'll be best friends *forever*.

Maybe. Sometimes friends change. They start hanging out with other people. They don't return our phone calls. They put new locks on their lockers and forget to give us the combination.

So now what? Do we cry a lot? Write them nasty letters? Ignore the world and swear never to have another best friend, ever?

Change is part of being alive. We all change, in different ways, at different times, and even best friends can drift apart. When that happens, it helps to know we're not the only ones who've felt hurt or angry. Three teens tell how they survived the loss of a best friend.

## Sandra, 16

I felt down and really confused when my best friend of four years changed. We broke up over a silly fight. I tried to talk to her, but she said to forget it. I wrote her notes and I got other people to talk to her but nothing worked.

I still see her around and we talk once in awhile, but we don't really have anything in common. She's really changed with alcohol and smoking. I'm frustrated because her new friends don't really care about her and they're always reassuring her that everything's okay.

I'm more of an independent person. If the only way I'm going to impress her is to change, then it's not worth it. You have to weigh the pros and cons about best friends. Are they worth keeping? Are they getting you in trouble at school or with your parents? If they are, you're probably better off without them.

Friends are important. If you're hurting, sometimes you can't go to your parents. I have a few new best friends now and we can confide in each other. That really helps.

## Robert, 14

I moved away from my best friend about four months ago, but he was changing even before I left. Maybe he was a bit jealous because he thought I liked his brother better than him. I write to my best friend but he doesn't write back and I'm kind of upset.



# FRIENDS INTO

By Sally Banks

We've been best friends for six and a half years, so he's hard to forget. I've got another friend who lives near him, so maybe she'll talk to him and get some sense into him. I really want this friendship to work, but there's no sense trying and trying if they don't want to help out.

I've been making new friends at my new school. I just go up to people and start talking to them. If you can't talk to somebody, you get frustrated and keep things inside of you. I listen to other people too, and we try to solve each other's problems.

## Kelly, 13

We'd been best friends for nine years, ever since kindergarten. She was always there when I needed her. Then last year we had a fight. I even forget what it was about. We kind of made up, but it didn't work.

I felt pretty bad after we broke up. I thought if this is what best friends are, then why bother having them. I became rather snotty and lost other friends. But I got over that and I realized that not all best friends treat you that way.

Now I don't know why I ever became friends with her. She takes drugs and has weird friends, half her head is shaved and she looks gross. When we broke off I didn't know she was taking drugs. But I didn't want to be a head-banger and I wasn't going to get into drugs just to be her friend.

I have a new best friend now. She's nice and she cares about what happens to me. I hang around in a group, and if someone in that group lost a best friend, we'd kind of be like buddies until they were over it. When you are losing your best friend, remembering all you other friends makes the pain go away.

Friends. You can't live without 'em. And getting along with them requires some give and take. Write and tell us all about your friends.

How did you find your best friend?

How have you learned to help each other out in good times and bad?

What is the thing you appreciate the most about your friends?

Send your "friendly letters" to: ZOOT, The Magazine 2410, 144 - 4th Avenue S.W., Calgary, Alberta T2P 3N4. Look for your letter in an upcoming issue of ZOOT!



PHOTOGRAPHY BY KOKOTOVICH



# SEEN AND HEARD

## SEEN ...

### LIGHT OF DAY

**STARRING:** Michael J. Fox, Joan Jett, Gena Rowlands  
**RATING:** 5

A brother/sister team battle the odds as they try to break into the music world.

▲ The music sequences were pretty good, but maybe not enough to buy the soundtrack.

▲ The story needed to be stronger. It was just basically an argument between the mother's faith and her daughter's way of life, but no real confrontation between the two.

▲ They could have played up the bond between Michael J. Fox and the little boy. Like, why was it so important to Fox? It wasn't his kid.

▲ I don't think the acting was all that good. Joan Jett

doesn't have what it takes to be an actress. Her singing was good, but not her acting.

▲ It's like they looked at the script and read it, then just said it.

▲ It was pretty drawn out. And grey. Everything was grey and drab. That probably added to how boring it was. Pretty bland.

### SOME KIND OF WONDERFUL

**STARRING:** Eric Stolz, Lea Thompson, Mary Stewart  
**RATING:** 9

A story of love, friendship and heartache revolving around a guy, the girl he loves and one of his best friends.

▲ Watt's character was pretty realistic. Something you can relate to, like Ducky ("Pretty In

Pink"). Sort of a misfit.

▲ It's a lot like "Sixteen Candles" and "Pretty In Pink."

▲ It's good for adults to see it too so they might relate to what they went through. Especially with the parents and Keith. That is a realistic situation. I think adults and teenagers could learn from that. Learn that there should be trust between them and that they should listen to each other.

▲ There are a lot of parents who do try to force things on their kids, and they think it's the best way.

▲ I can relate to a lot of that. I don't feel so awkward now. I know I'm not the only one who has those feelings anymore.

▲ I liked Watts' style. She had a lot of style. She was so cool about everything. I'm going to start dressing like her.

## HEARD...

### UNDER THE VOLCANO

Rock and Hyde

**OVERALL RATING:** 7.5

▲ "What Children Say" and "Talk To Me" are the best cuts of the album.

▲ I'd definitely recommend this album to all of my friends.

▲ Best album in a long time.

▲ The music on this album is what I'd call "alternative."

▲ Really enjoyable! I like all the songs. It's my favorite album.

▲ I really loved "Dirty Water" and "There's Always Someone Tougher."

▲ This album is sort of a jazzy and pop music combination.

▲ The lyrics on this album make up for the lack of good music to back them up.

### BETWEEN TWO FIRES

Paul Young

**OVERALL RATING:** 8.0

▲ Excellent lyrics. Great style. He's pretty hot.

▲ I would definitely recommend this to all my friends and family.

▲ His lyrics are moving and spontaneous.

▲ Great R&B soul.

▲ The lyrics are inspirational.

▲ I'd go out and buy this album. I liked it.

▲ Worst song "Wasting My Time" - does waste my time.

▲ "Why Does a Man Have To Be Strong" is very good, my fave for this album.

▲ Lyrics have a lot of meaning.

▲ I wouldn't buy this album, but I would buy the single of "Some People."

### SOME KIND OF WONDERFUL SOUNDTRACK

Various Artists

**OVERALL RATING:** 6.5

▲ Some songs are mellow - easing listening. Others are soft rock.

▲ This album reminds me of John Lennon.

▲ I would listen to the tape again, but wouldn't spend money on it.

▲ This is the kind of music you would listen to when you sit down to read a book.

▲ The March Violets is a really good group.

▲ This album doesn't have a great future. Maybe the movie will make up for it.

▲ It's preppy, mellow rock.

▲ "Do Anything" is excellent.

▲ "She Loves Me" by Stephen Duffy really sounds like the Beatles.

▲ Overall, the album is really good; it introduced me to a lot of good new artists.

## SOFA CINEMA

ZOOT takes a peek at movies you can rent ...

### THE BREAKFAST CLUB

**STARRING:** Michael Anthony Hall, Emilio Estevez, Ally Sheedy, Judd Nelson, Molly Ringwald

**RATING:** 9.5

▲ I liked how they talked about how they were different, what was wrong with them and what was right with them. It showed that they were special in some ways, but not in other ways.

▲ This movie showed that they are all individuals and they are all a lot alike.

▲ When I was in one school, I was considered to be smart but I wasn't at all popular, kind of at the bottom of the scale with all the heads and stuff. It wasn't until I got to the school I'm at now that it didn't matter what I was or who I was. I'm accepted for me, not as what other people expect me to be. This movie showed that it just doesn't matter.

▲ People will see a lot of themselves in this. You can see your friends and people from your school in this too. It's like everybody rolled into one.

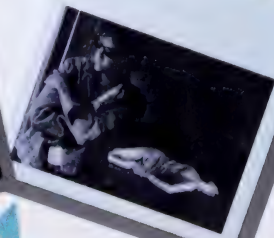
▲ It's better the second time you see it. You can feel more of the emotion.

▲ This was a really cool movie. One of the best. Awesome.

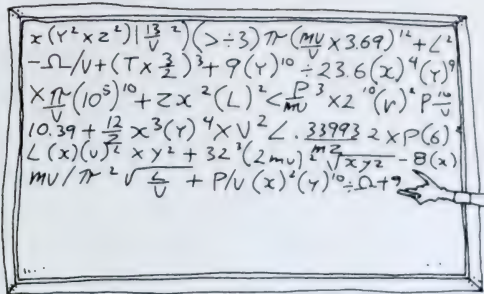
ZOOT Rental Movie of the Month:

FERRIS BUELLER'S DAY OFF

What's your favorite movie these days? Let us know and we can feature it in a future issue of ZOOT!







## MENTAL BENEFITS OF EXERCISE

Most of us know that regular exercise will make us feel better and improve our energy level, but what are some of the mental benefits of exercise?

"Vigorous aerobic activity clearly achieves mental alertness," says Charlene Prickett, whose television program "It Figures" provides sound advice on fitness and exercise. Exercise clears your head, leaving you feeling awake and alert and is also helpful in reducing tension caused by stress.

It also helps you fall asleep easier and

sleep more soundly. As well it enhances circulation and helps to clear your complexion.

Constant aerobic activity for 20 minutes, three times per week will help to reduce your fat mass, increase your heart and lung capacity and build muscle strength and endurance.

"With a successful exercise program in the proper environment, you can go from a Chevrolet to a Porsche in terms of confidence," quips Prickett.

Now, wouldn't you rather be a Porsche?

## SLEEP STAGES

You may spend a third of your life sound asleep, and it may amount to even more than that for teens who need more sleep because of the growth hormones which are released during the sleep process.

Sleep can be divided into four stages, plus the REM (rapid eye movement) stage, explains Dr. Bob Sainsbury, a University of Calgary psychology professor. During the first stages, your sleep is lighter and you may awaken suddenly with a violent jerk just as you drift off to sleep. That's a normal part of the sleep process — a sign that the muscles have begun to relax. By the fourth stage, you are deeply asleep and difficult to waken. And you may go through this cycle four times in one night.

Dreaming occurs in the REM stage. If deprived of your regular amount of REM sleep one night, you can catch up the next night. Of course, we'd all like to know exactly what hidden secrets may be revealed in dreams.

"There is no data to prove that there is any meaning whatsoever in dreams," states Dr. Sainsbury emphatically. "It's sheer, utter speculation."

As you get older, you require less sleep at the REM and stage four level — no wonder your parents always seem to hear you come in at night!



## SOAPY SECRETS

You may have heard that you must never, ever wash your face with soap but Dr. Kirk Barber, a Calgary dermatologist, disagrees.

"The simplest sort of skin care is always the best," says Dr. Barber, who strongly promotes the use of soap and water for cleansing.

"Stay away from expensive cosmetic products," he advises. "Find a soap that suits your skin — even if it takes two or three attempts to find one — and stick with that."

Wash your face twice daily. Using warm water and your hands or a washcloth thoroughly clean your skin. Rinse to remove all traces of soap.

Dry skin or eczema requires a non-irritating soap and a light moisturizing cream. People with normal skin can use any soap they want, but oily skin requires a more drying soap and an astringent.

However, if you have acne Dr. Barber advises that no amount of proper washing or cover-up cosmetics will cure it. See your doctor. The earlier you seek treatment, the less scarring and marking there will be.

So how do you wash your face properly? The answer's short and simple. Soap and water.

FORWARD YOUR QUESTIONS FOR BODY WORKS TO:  
ZOOT, THE MAGAZINE  
2410, 144 - 4th AVENUE S.W.  
CALGARY, ALBERTA T2P 3N4



BODYWORKS BY COLLEEN NIELSEN HYDE





# GETTING TOUGH WITH THE TOUGH ONES

BY RIC DURRANT

Habits can really be annoying. There you are trying to impress someone with your maturity when out comes that terrible little giggle you've been trying to get rid of for months. How do you feel? You feel like an idiot!

Habits can also be really puzzling — doesn't that guy know that his continuous chatter drives everyone else crazy?

We've all got habits we would like to lose. And yes, we all have habits that our friends know about that we don't even see. That is the nature of habits. They are both tough to be aware of, and tough to deal with.

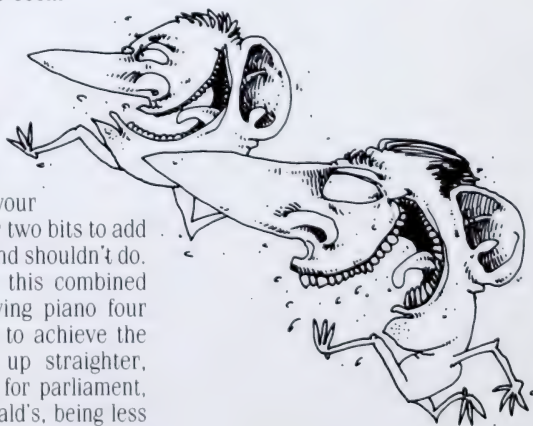
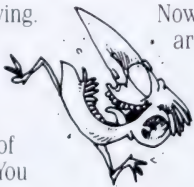
They also come in a million varieties: dressing in ways that are just not flattering, grossing out friends with garburator-like eating, staring shyly at the floor instead of meeting people eye to eye, gossiping, exaggerating stories, repeatedly talking in ways that bother other people or imply that you haven't got a brain in your head, always saying things to put yourself down, or even combing your hair often enough to appear self-centred. The list could go on and on.

Now let's not get the idea that people are all loaded down with rotten, life-wrecking little habits. Most people have a lot more good habits than bad ones and are doing just fine thanks. In fact, a very real problem can be keeping a reasonable and positive outlook, especially given all the criticism a teenager can take about what they do and don't do.

The adults in your life seem to have some of the most persistent ways of getting their messages heard, but the guys or girls you date, your friends, fashion designers, a thousand advertisers and even your kid brother all have their two bits to add about what you should and shouldn't do. If you listened to all of this combined wisdom, you'd be studying piano four hours a day, exercising to achieve the perfect body, standing up straighter, dying your hair, running for parliament, working nights at McDonald's, being less shy, dressing totally differently, speaking

more clearly, telling better jokes and spending your summer holidays teaching senior citizens how to windsurf. You would also be crazy.

So let's forget about most of these suggestions, and look for one or two things that are really worth your time and trouble. The reason a habit may be one of these things is because habits are habitual. They aren't just a problem once. They get in the way over and over.





And how do you tackle a habit should you decide to do so? Here are a few quick suggestions.

- ▲First of all, remember how difficult your own habits are to see. Ask a good friend for some ideas about the things you do that may not be all that great. Don't get mad if they tell you something that is a little hard to take.
- ▲Get to know your habit before you try to change it. Make mental, or even written notes, for a few days. When do you do it? Do certain situations or feelings seem to trigger it?
- ▲Use a personal sign to keep your habit on your mind, and to remind yourself of your decision to change. This is something you wear or carry that means nothing to anyone else but you.
- ▲Think about the times and situations that seem to bring out the habit. They may be times when you are nervous or bored or with certain people. Think about specific things you can do instead of the habit.
- ▲Set out to change, but be realistic. Don't expect to drop a habit overnight. The usual pattern is some success, and some mistakes, eventually leading to your goal.

A word of caution: If you are taking on a really big change in your life, like the habits associated with eating problems, get the best advice and help you can. You may need to learn a lot and get specific coaching and assistance.

Otherwise, pat yourself on the back for doing something for yourself that you have decided is worth doing. Watch out for the common pitfalls of getting depressed because it doesn't happen fast enough, or giving up totally in the face of the occasional slip up. Remember

changing a habit is changing something that has been built into your behavior for a long time. Then, take a few moments to sit back and smile. You will have tackled something that repeatedly worked against you, and you will have put it in its place. Way to go!



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# MUSIC BIOS

by Roxy Porter

Watch for these Canadian movers and shakers to continue to rock the music scene. Their great tunes and talented style will certainly send them soaring to the top.

Read on to see what makes their music really great!



PHOTOGRAPH COURTESY OF WEA MUSIC OF CANADA LTD.

## IDLE EYES

Idle Eyes is a pop band which delivers an experimental sound rich in subtle, intricate rhythms. ▲Their most recent album, *Love's Imperfection* shows their great style which won them recognition as Canada's most promising group at the 1985 Juno Awards. ▲The top single "Tokyo Rose" is still rocking the charts in Europe several years after its original Canadian release.



## HONEYMOON SUITE

It has been a rapid rise to success for rockers Honeymoon Suite. During the last three years, they have rocketed to success despite critics who found their style less than unique. But that didn't deter the Canadian Rock Express from presenting them with the award for Best Homegrown Group in April 1984.

On the road to success, they have produced the band's album *The Big Time* and top singles, "What Does It Take," "Feel It Again" and "All Along You Knew."



PHOTOGRAPH COURTESY OF WEA MUSIC OF CANADA LTD.

## TRIUMPH

Triumph has nine successful albums to their credit as they enter their second decade of thrilling fans with their unique stage presence and solid style. ▲This dynamic group's latest album, *Sport of Kings*, is consistent with their hard rock style. ▲We've seen all the phases come and go," says bassist Mike Levine who certainly seems to be on the right track with their most recent single "Somebody's Out There".



PHOTOGRAPH COURTESY OF CAPITOL RECORDS/WEA MUSIC OF CANADA LTD.

## GLASS TIGER

This is one hot new band that a year ago couldn't even get tickets to attend the Juno awards. This year they walked away from the 16th annual Juno's with three awards for "Best Single", "Best Album" and "Most Promising New Group". The band, from Newmarket, Ontario, had some heady support from Jim Vallance, who won the Composer of the Year Award for the second time around. Vallance produced the Glass Tiger album, *The Thin Red Line* which features the group's unforgettable songs, "Don't Forget Me (When I'm Gone)" and "Someday".





# YOU SAID IT

You said it, all right! In our January '87 issue, we asked you what you considered to be your most prized possession. Here's what Alberta teens told us!

▲My most prized possession is my stereo. — Stacy Wicker, LAC LA BICHE  
 ►It would probably be my stuffed animals, especially the sheep. That's my favorite. — Jennifer Klassen, EDMONTON

◄My Magnussen skateboard. — Bill Howe, INNISFAIR  
 ▼I have lots: my ghetto blaster, my tape collection, my desk that my grandfather made, my clothes, my jewelry, my stuffed animals, my bike, my books. — Wendy Palmer, CHIPMAN

▲My dog Caesar. — Michael Boonstoppel, STRATHMORE  
 ►My ghetto blaster. — Stacey Ruttan, EDSON

◄My Bruce Springsteen collection. I like singers that say something to me about life. — Val Hayward, PONOKA

▼Mine is my ghetto blaster. — Tina Lait, RED DEER

▲My own room. — Lynne Tyshkewich, REDWATER

►My telephone. — Katie Mehnel, SHERWOOD PARK

◄Our black book, of course! — Trish Makarian and Melissa White, EDMONTON

▲My painting. — Rita April Hill, MONARCH

▼My parents' love and the trust they have for me. — Deb McFarlane, MORNIVILLE

▲My friends. It's only one word, but it means everything to me. — Leanne Sadowsky, MYRNAM

◄A real ruby ring with diamonds (not real) from my brother. — Cherie Fournel, TOFIELD

◄My book about my parents, grandparents, great grandparents, great great grandparents, and so on. — Tanya Palmer, GLENDON

▼That's easy. My one of a kind, polyester baby-blue bell bottoms. — Michael Batmanek, CALGARY

▲My pigs. — Jason McKee, OYEN

◄My friends. Without my friends I think I'd just die! — Kim McCorkell, CALGARY

▼My boyfriend, Shawn. — Ilean Brozny, THORSBY

▲It's a tie between my teddy bear which I've had since I was born and a hockey stick given to me by Wayne Gretsky. — Adele Steen, EXSHAW

◄My set of car keys and bank book. — Tricia Layden, INNISFAIR

▼My phone. I couldn't live without it. — Michelle Beauchamp, EDMONTON

▲My friends. I wouldn't be able to live without them. — Marilyn Lindberg, DEADWOOD

►My relationship with Jesus Christ. — Cassy Anne Goldbach, EDMONTON

▲My happiness and well being. — Debbie Bartsness, ST. ALBERT

►My electric guitar. — Glen Missett, WAINWRIGHT

◄My Gummy doll. — Darren Niblock, INNISFAIR

▼My Motley Crue poster and matching shirt, plus my jean jacket. — Trudi Rice, GRANDE PRAIRIE

▲My ZOOT books and my MAD books. — Arnold Agnew, GRANVILLE

►I would simply die if I couldn't play my flute! — Sherry Harder, CARSTAIRS

◄My transparent Glass Tiger LP. — Shara Rosko, EDMONTON

▼Life and all the good things in it. — Robert Reason, SMITH

▲The caring and love that my family and friends show me. I feel that I am a very lucky person. Without caring, a person has nothing. — Lisa Bailly, CAMROSE

►My diving knife. — April Ingham, EDMONTON

◄Joel. — Sian Evans, INNISFAIR

▼My cat collection and my little sister (she can be a gem sometimes, but other times she can be a pain in the neck). — Leanne Lawrence, SHERWOOD PARK

▼My family and friends. — Sheri Chapman, EDMONTON

▲A person I love to be with, my boyfriend Dave. — Tammy Wilson, CALMAR

►A beautiful gold ring given to me by my best friend. — Kristin Grimes, ST. ALBERT

◄My horse. — Holly Loewen, DEBOLT

▼My ZOOT mag! — Jason Gahle, INNISFAIR

▲My ghetto blaster. — Jennifer Klassen, HUXLEY

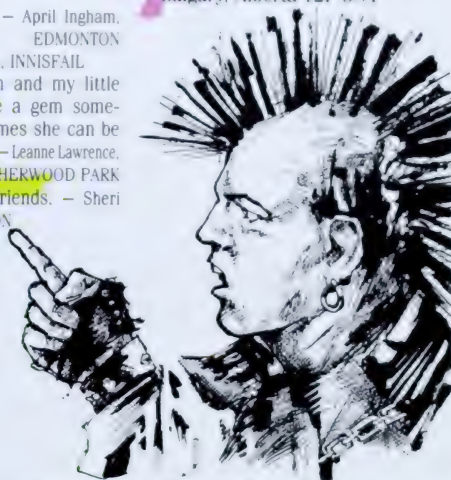
►I have many — Freedom of speech is one. — Andy Estevez, CALGARY

◄My baby blanket. I've had it for 13 years. — April Ross, INNISFAIR

Keep it in the know — write in to tell us:

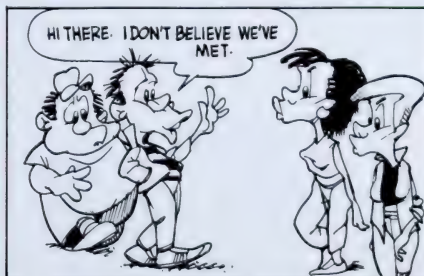
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## BONES

BY  
 MALCOLM  
 MAYES





# IRON MAIDEN



BY STEVE OLSON

When you mention "heavy metal" one of two responses are likely: a raised fist with the first and fourth fingers extended, accompanied by a chorus of "All right man!" or both hands raised, palms forward accompanied by a chorus of "Don't bring that near me."

Some say they have been given a bad rap because with "metal" it's the sheer power, derived mostly from the loud volume, that signifies its style.

ZOOT talked to Dave Murray, lead guitarist, of Iron Maiden while the band was on tour in Texas and learned that "metal" artists truly have a style of their own.

And you'll notice a few references to "Eddie" during our conversation — he's the gremlin-like cartoon character found on the cover of Iron Maiden albums!

**ZOOT:** *How is the tour going?*

**DAVE:** It's going really well. The audience attendance has pretty much doubled since last time. It's the biggest show we've ever brought to America.

**ZOOT:** *Is it bigger than the one you brought through for "Power Slave?"*

**DAVE:** Yeah, it is. There's more stuff going on. It's pretty much the same lights we had last time, except we took it apart and put it back together into different shapes. A few special effects incorporate Eddie. So it's worked out really nicely. Lots of surprises. I know it surprised me when I first saw it.

**ZOOT:** *Last time you had a 20-foot high Eddie!*

**DAVE:** Yeah, that's right, but this time he's even bigger. In fact at some of the buildings, we haven't managed to get him in because the buildings have been too small.

**ZOOT:** *When did you start using him?*

**DAVE:** Well he's been around since 1976, really. He was born then and was named Eddie, because he was just an 'ed (head). So it was like Eddie the 'ed. And from then on he's put on some legs, and been brought to life. He's about 12 years old, quite a young chap, although he looks like he's about 350 years old.

**ZOOT:** *You seem to be picking up a lot of new fans every year, so if we could, I would like you to run through a brief history of the band.*

**DAVE:** Yeah, well I've been with the band since about 1976. And this line up that we have has made three albums together. There were quite a few personal changes in the early days, but it was trying to get the right people. And from that we have found this perfect chemistry within the band now. What we did from about 1976 to 1980 was play the club circuit in and around London, playing

most of the material that was on our first album. And so when we got our record deal in 1980, we'd actually been playing those songs for three or four years, and we finally got them down on vinyl. From there it's just been like climbing up a ladder really.

**ZOOT:** *Do labels like heavy metal mean anything, or do you label your band as any particular style of music?*

**DAVE:** Yeah, well it's not country and western. It's heavy rock. Around 1979 the British music press came up with the term "the new wave of British heavy metal." It was directed towards us, and other bands like Def Leopard and Saxon. It was a label that they put on us, but it's heavy rock really. I guess you have to call it something, but it doesn't bother us what you call it.

**ZOOT:** *Do you think you'd ever come out with a ballad?*

**DAVE:** Well on the first album, there's a song called "Strange World" which is a complete ballad. Yeah, you never know what's going to happen, we may do a slow song, we'll see what comes up.

**ZOOT:** *What makes the new album "Somewhere In Time," special for you?*

**DAVE:** We've done five albums, and we feel musically and lyrically, it's our strongest. Also we recorded this album in a different studio, and that gave it a different sound.

**ZOOT:** *I noticed there were titles of songs on the album cover, and little pictures from each of your previous albums. That's fascinating. Did the band have a hand in putting that together?*



# MAIDEN

**DAVE:** Yeah, it kind of tied in the theme of 'Somewhere In Time.' It's all pieces of time, taken from the past, and put together on the album sleeve. Different parts of what we've done before. Also Eddie is half robot so that gave it the futuristic theme. That's what "Somewhere In Time" can be; in the past or in the future.

**ZOOT:** *How long have you been playing guitar now?*

**DAVE:** About 15 years. I heard a Jimi Hendrix song on the radio and said "That sounds really good, what sort of instrument is that?" And I went out and got a guitar on time purchase which my mother signed for, and I picked it up, and I've been going ever since. In fact, Adrian Smith (the other lead guitarist) and I pretty

much started around the same time. We used to live right around the corner from each other. We used to go to the same school and hang out together.

**ZOOT:** *For many bands it would be unusual to have two lead guitarists, but Iron Maiden has done it very successfully. Do you ever find that one wants to play a certain solo?*

**DAVE:** No, not really, 'cause pretty much on all the songs there are two guitar solos. So that takes care of that. We've got a really good working relationship. We never worry about who's going to play what. We just sit down and work it all out. We actually complement each other and I think that stems back to the fact that we've known each other for years.

**ZOOT:** *This is something I know you've been asked many times, but here goes again ... How did your name come about?*

**DAVE:** Well Steve Harris (the bass player) came up with the idea for that. He was watching an old movie called "Man in the Iron Mask," and there was some reference to a medieval torture instrument actually called an iron maiden. And Steve thought, "What a great name for a band."

**ZOOT:** *We don't want to keep you too much longer, as we know you're really busy, but thanks for taking time out to chat with us today.*

**DAVE:** Okay, thank you. Bye.





# NEVER LOOK A



**CRISIS: A DECISIVE  
OR CRITICAL MOMENT.  
A TURNING POINT.**

One thing for sure about this life: it guarantees each of us our fair share of events we'd prefer to do without.

A "crisis" we call it.

Oh, well.

As long as a crisis (the bad kind) is inevitable, we might as well learn to deal with it and make it as painless as possible. The truth is that a good crisis can teach you some useful stuff. Like, how to handle your next crisis.

The first thing to realize is that a crisis is a lot easier to control from outside than from inside.

But first:

What's a bad situation? What's a crisis?

- A crisis is your parents headed for a divorce.
- A crisis is you, headed for failure in four of your final year subjects.
- A crisis is anything you don't really understand, don't like the look of, and don't seem to be able to avoid.



# CRISIS IN THE EYE

by David Jacox

When trouble is headed straight for us, we tend to focus on it. The more we focus on it, the less chance we have of getting out of harm's way.

There's a saying that surfaces in most sports and the idea it expresses is that where the eyes fall, the body follows.

What you see, is what you get.

Beware when you see yourself running into a crisis. Because you probably *will* run right into a crisis. We're not suggesting that you should be blind to what's happening. It's just that you want a clear picture of what's *really* happening, so you can have an influence on things.

And the way to do that is to look to either side of your crisis rather than straight at it.

If you look at all the things *surrounding* the situation you're increasingly concerned about, you just may discover a way to affect it and change it for the better. On the other hand, if you concentrate on nothing but the bad stuff, you'll get buried in it; you'll lose your perspective and find yourself a prisoner of panic.

What it boils down to is trying to look past the problem for the opportunity it is trying to hide.

Here are some examples ... some physical and some mental ... of what we're talking about.

1. A motorcycle road race. The bike in front goes down, and the one behind it crashes into it and falls as well. The second rider says "He crashed in front of me, I couldn't get around him."

Not true.

Fact is that unless you allow yourself to forget about what you're trying to do (get round the corner) and concentrate instead on what the other guy is doing (crashing), it's virtually impossible to get tangled up with a bike that drops ahead of you. Simple physics, you know.

2. Your first parachute jump. There you are, floating in space (it opened, amazing!) and all you have to do now is land *anywhere* in this enormous field. A field with *just one tree* smack in the middle of it. What are the chances you'll wind up tangled in branches? *Real good*. And the reason is that instead of picking a place you want to be, you'll worry about a place you don't want to be. In your mind, you'll picture the worst possible scenario and your body will follow your head right into it.
3. Driving at night. It's a little foggy; country road, no streetlights and it is dark. Worse, you're in a bit of a hurry and wishing you could see what's in front of you just a bit better.



So you pull up your eyelids and burrow your gaze into the black and it only gets worse. What you should do, of course, is shift your gaze a little to the side of what you want to see and let your peripheral vision go to work for you.

Well, at this point we have to hope the point is clear, because we're approaching a crisis in terms of space allotted for this article.

But to wrap up, try this:

The next time you see trouble – a crisis – approaching, force yourself to look all around the trouble spot. See what *other* things, besides the bad stuff, are happening. Notice how others are reacting (badly, probably). Try to figure how their actions are affecting the situation (probably making it worse despite all the good intentions).

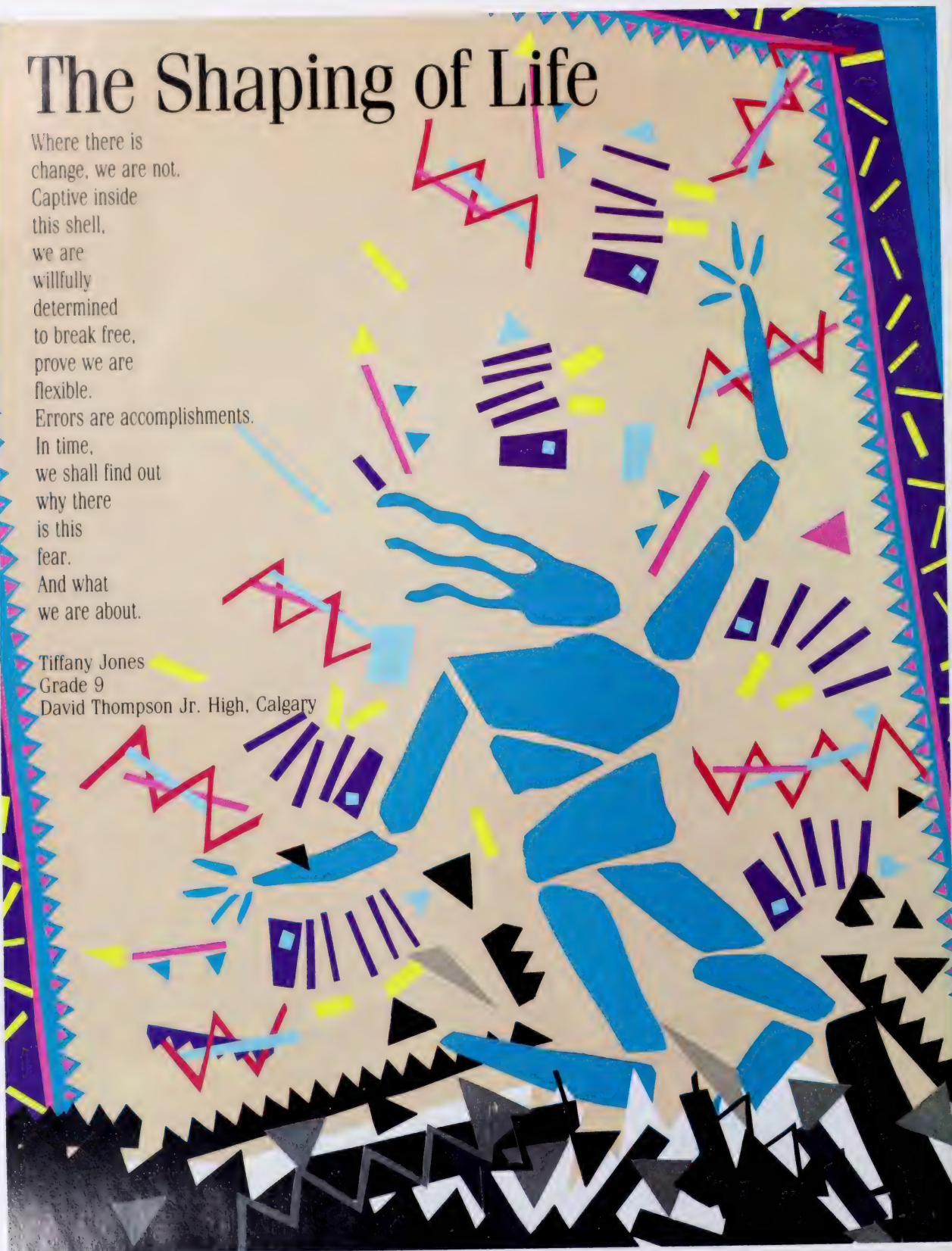
Finally, and only when you're absolutely certain there's nothing more to learn by looking around or seeing past it, you'll be ready to look your crisis right in the eye.



# The Shaping of Life

Where there is  
change, we are not.  
Captive inside  
this shell,  
we are  
willfully  
determined  
to break free,  
prove we are  
flexible.  
Errors are accomplishments.  
In time,  
we shall find out  
why there  
is this  
fear.  
And what  
we are about.

Tiffany Jones  
Grade 9  
David Thompson Jr. High, Calgary





# CHANGING ATTITUDES TOWARDS TOBACCO

DRUGS  
AND  
YOU

Most likely, you were born some time between 1970 and 1976. Your parents may have been born as early as the 1930's or as late as the mid 1950's. These two generations have seen some very big changes.

Attitudes have changed towards drugs, particularly tobacco.

Historically, few people

used tobacco before the 1900's and then only the very rich had money to burn. During the First World War, soldiers took up smoking cigarettes and many kept the habit when they came home. And by the 1920's, women started smoking cigarettes.

The 1930's were difficult in Canada and most of the western world. There was a drought in western Canada, the value of the stock market plunged and there was high unemployment. Those who could afford to

smoke cigarettes rolled their own.

The Second World War got the economy going again when guns, ammunition, boats and planes were manufactured. When the men went off to war, more women took up smoking.

When the soldiers came back from the Second World War they continued to smoke. By the 1950's nearly 50 percent of the male population was hooked on cigarettes and doctors started to notice an increase of cancer in those who smoked. In response, tobacco companies began to produce filter cigarettes since it was believed that they were easier to smoke.

Research conducted during the past 20 years concludes that smoking is harmful to your health. In fact, The World Health Organization claims that "The control of cigarette smoking would do more to improve health and prolong life in de-

veloped countries than any other single action in the whole field of preventative medicine."

It has only been during recent years that attitudes towards smokers have changed. Employers are hiring non-smokers over smokers. Many businesses and companies do not allow smoking on the job. Some cities and municipalities have banned smoking in public places. Cigarettes have been heavily taxed and that makes smoking an expensive drug habit.

As we look back over the factors which once made smoking cigarettes fashionable, it is easy to see that it has been in style during time of economic and social upheaval. Now that society has become more stable and conscious of health-related issues, the prospects of someone striking a pose, cigarette in hand in front of the mirror and pretending to be a glamorous movie star are part of days gone by. Things have changed.



BY KEITH WALLS





# GETTING THE RIGHT STUFF

BY KEN LOW

This is the first in a continuing series on what it takes to feel like a success - doing whatever you want to do! Read on to learn more about "the right stuff."

**D**o you have the "right stuff" to be what you want to be? ▲The "right stuff" describes what enables the best test pilots to survive a very dangerous career. Nobody is quite sure what the "right stuff" means, but if you don't have it you can't be a really good test pilot. ▲Chuck Yeager, the most famous test pilot of all and an avid outdoorsman, believes that being a good test pilot isn't magic, you just have to know what **you** are doing. ▲Right. Well, there might be a **clue** here. Maybe the "right stuff" is anything that really impresses us that we don't fully understand. Being able to fly experimental aircraft out to the edge of their limits, flying higher and faster than any human being has gone before is pretty impressive stuff. Most of us couldn't seriously imagine ourselves doing such a thing, so it seems like magic. Chuck knew his own skills weren't magic because he understood them. For him, his work was routine. ▲The ability to do anything very well can seem like magic to an observer **who** hasn't seen all of the preparations. Successful musicians, inventors, athletes, models and business people all appear to have a bit of the "right stuff" because we don't get to see how they got there. But even if we do look behind the scenes we often miss the most important things. ▲Take Tjardus Greidanus for example. Tjardus is 20 years old and lives in Spirit

River, Alberta. He has been making films ever since he was 14 and last year his movie "The Fire Within" won the Alberta Motion Picture Industry award for best amateur film. Magic. Tjardus is well on his way to a successful career in the movies. So what does it take to become a successful writer, producer and director? ▲I asked Tjardus what was the most important skill in his journey to a career in film. ▲"Discipline," he said without hesitation. ▲Where did this discipline come from? Well, six years ago when Tjardus and his family came to Alberta from Holland, they all had to help out financially with whatever work they could find. Since Tjardus couldn't speak English, the only work he could get was farm labor; 16 hour days for low wages. "I became immune to hard work, nothing seems like work anymore" he says. ▲Tjardus is now working full-time at the high school in town as a caretaker to support his real full-time interest of making films. He writes, builds sets and hustles resources for another eight hours a day. ▲Clearly discipline isn't the only strength Tjardus has. He also has a well-developed imagination, which he fires up by watching lots of adventure movies. Watching other people's films, especially super-successful directors like George Lucas and Stephen Spielberg, is Tjardus' major source of instruction about how to put

a film together. ▲What about writing? Isn't the ability to write necessary before you can make films? ▲Yes and no. Tjardus didn't write down the ideas for his first film. He just pulled them out of his head as he went. Then he started to discover that "if you plan it better, it turns out better." A script is just a plan, and the more time you spend working on the script, the better the movie **will** be. And Tjardus took an interest in how to do it well. His last film took three months of writing, about three hours every day. He took his grade 12 English twice, not so that he could get a better mark, but because his teacher encouraged him to explore the structure of stories. ▲You can only get the "right stuff" by looking behind the accomplishment to see how it was achieved. Discipline, imagination, persistence and courage as well as knowledge and technical skills are important, but they are not what creates the magic that brings it all together. ▲In future articles we will be looking at what character skills are particularly useful for specific careers. In the meantime, if you have a story of your own that would help ZOOT readers understand the "right stuff" and how to get it or if you are interested in learning more about a certain career, drop us a line.





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# CHANGE

Continued from page 7

## POINTS 10 - 16:

Your responses indicate that you tend to be a bit frightened by change rather than challenged. Keep in mind that things and people are not always going to be the same. Have more faith in yourself to adapt to new situations and pressures; more often, challenge is fun and exciting.

## POINTS 17 - 23:

Generally you adapt well to change, but sometimes over-react to a situation. Don't let a new situation throw you off your stride. Adapting to a new situation doesn't always mean having to take a drastic course of action. Remember that most of us feel a little nervous when confronted with a major hurdle. This knowledge should help your confidence in any new situation. Trust yourself to do the best you can.

## POINTS 24 - 30:

You handle change extremely well and have a realistic outlook on life. You recognize change as something stimulating and challenging but something that requires advance thought and planning. In other words, you maintain a good balance of the "old" and the "new." Your confidence and forethought will open a lot of doors for you!

The best way to have a friend is to be one.  
Emerson

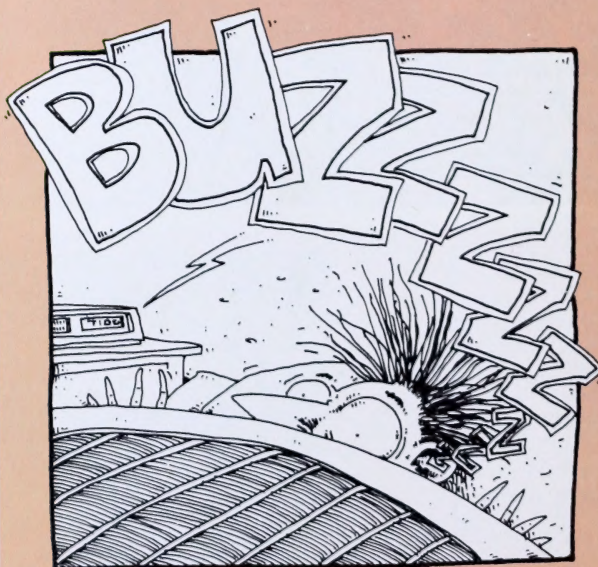


# DON'T YOU HATE IT WHEN...

BY STEVE ATTOE



....YOUR MOTHER CALLS YOU A PET NAME IN FRONT OF YOUR BUDDIES?



.... YOUR ALARM CLOCK THINKS YOU'RE HARD OF HEARING?



# YOU ASKED

*Q. When I didn't have a girlfriend, no one even looked at me. Now that I have a girlfriend, lots of other girls flirt with me. It's getting to be a real drag. What should I do?*

D. G., BROOKS

A. Sometimes we think people who are part of a "couple" are more valuable or attractive. Once you're attached to someone, other people may try to catch your attention and flirt with you. Relax and try to remain friendly. Quite often this behavior loses its appeal over time.

*Q. I have a problem with myself. All my friends get asked out and are always told they're cute. They always get told that guys like them, etc. It really gets me upset and I feel really ugly and inferior to them. I talked to them about it but they don't seem to understand. To top it all off, one them is always putting me down. I've been really upset for weeks. I really need help.*

C.T., SHERWOOD PARK

A. Stop putting yourself down! There is no reason for you to feel inferior. Appearance is certainly not everything - it is only a small part of you. Some of the most successful and at-

tractive people in our society didn't fit into the high school stereotype of "cute and popular." It's too easy to limit yourself by comparing yourself to others. The important thing is how you feel about yourself. Try doing more of the things you're good at - sports, painting, writing, designing clothing - whatever you enjoy. The positive response you get from these activities will put your self-image in better focus. Try to make some new friends.

*Q. Last fall I bought an old car for \$600 and started fixing it up. My Dad was against the idea from the start and said it was a piece of junk. Since then, he's bugged me about it even though the car runs fine. He makes me mad; it's like he can't praise me for something I did right for once. How can I get him off my back?*

A.B., CALGARY

A. It sounds like your car was a good choice after all - sometimes it is hard to stick with a project when you feel as though everyone around you is being negative. Talk to your father about how his attitude frustrates you. Some people honestly don't realize when they are being negative. He probably wants to make sure that you don't make the same mistakes he

did. Explain that you do take his advice into account, even if you don't always follow it. Hopefully your parents will understand that you're using what you've learned from them to make your own decisions.

*Q. I just moved to a new school and luckily I met a good friend right away. Now that I've begun to meet a few more people, she gets really jealous over anyone I talk to. What should I do?*

L.B., EDMONTON

A. First of all, talk to your friend. Let her know that you still want to be her friend but both of you need to form other friendships. Give each other some breathing room and you will find that you can stay better friends.

*Q. My boyfriend and I just broke up a few weeks ago. The problem is that I want to get back together again. Should I just try to forget him?*

J.J., SANGUDO

A. Why not try talking to your ex-boyfriend? He may feel the same way and wants to give your relationship a second chance. Take the first step and you may find that you can be better friends after all.

BY ELIZABETH DAWSON

# LAST WORDS

## MODERN TIMES

In reference to the article written in the "Love 'Em\* Hate 'Em" column of your magazine, I would like to comment on the opinion of Leigh Ann Turner. I, like many other girls, agree with Miss Turner. I also think girls should have the opportunity to play on teams with the guys if she wishes. In today's system with the women's liberation movement still going strong, men should realize that women are just as capable of joining in rough, dangerous sporting events as men.

Women are not the fragile, dainty creatures that people once made us out to be. We are made out of bones, tissue and fiber, just like men. If we get knocked down in a hockey game, we won't break on the ice. Or, if a baseball hits us in the shin during a heated ballgame, our leg won't fall off.

In closing, I would like to point out that these are modern times, not the dark ages. Men don't walk around carrying clubs while dragging women around by the hair. Women shouldn't be expected, in this day and age, to sit at home caring for children and doing needlepoint. After all, doesn't the old saying "Anything boys can do, girls can do better" have any influence on some people?

S. C., Newbrook

## STRUT YOUR STUFF

I have been getting your magazine for nearly a year now and I think it's about time that I write to you and congratulate you on a job well done! I find this magazine at my level and always great to read. Even though there are some (very few) articles that don't interest me, I always find something that I can relate to. I really like "Hot Kids." It gives Alberta kids a chance to show their

stuff. I find your magazine serious and often amusing. I wish it came out more often. Congratulations once more!

R.Z., Newbrook

## ZEKE THE GREAT

I think your magazine is terrific. I first heard about it when "Zeke and the Indoor Plants" came to my school, Vernon Barford Junior High. The play was great and afterward, they gave us a copy of your magazine.

Everyone who got a copy wanted to send away for one. I sure hope a lot of kids did, because I'm glad I did!

C.G., Edmonton

## WHAT A CROCK!

What a crock! Your magazine is the worst thing, next to junk mail, that I've seen come into my home. All it does is preach at kids - who needs it? We get that all the time, anyway. Your articles are juvenile and stupid. They aren't for kids. They're for mindless zombies who can't think for themselves. "Drugs And You" is an example - discovering the "real" you. What's this "real" stuff? What other "you" is there?

Save yourself some time and money. Give it up!

A.C., Cochrane

## A NEW OUTLOOK

I have been very surprised to see any critical letters in your magazine. I think you're doing a great job, and I always look forward to the next magazine. You all deserve a pat on the back.

I like the photos, humor, music and movie reviews, quizzes, interviews, "Bodyworks," "Hot Kids," and I especially liked "Letters" in your January issue. I do

have one question, though: Why do kids have to wait until they're suicidal before they have the chance to get a new outlook (or just improve their outlook) on life? I'm sure everyone has their bad days, and like me, are wondering how to cope with them and prevent them in the future.

K.M., Wetaskiwin

## ZOOTAHOLIC

I really like your magazine! I really enjoy getting it. At night I like to flip through and see if I've missed anything or just to reread something. Some of my friends don't get it so I lend it to them. I loved the article on Page 20 in the January issue, "Letters." It was touching. I think I turned into a ZOOTaholic. Keep it up!

D.B., St. Albert

## WHO'S LISTENING?

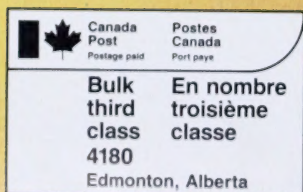
The edition about "Seen & Heard" kind of makes me wonder who listens to these songs, and watches the videos. I kind of think the people who give their opinions are against "Heavy Metal." In the edition before January, AC/DC's *Who Made Who* was rated a 4.5. I think it is chauvinistic. If they don't like heavy metal, don't listen to it. The thing that upset me most was the comment "it sounds like you dropped a spoon in a garbator."

In the January edition, they came to their senses and gave *Who Made Who* an 8. Iron Maiden's *Some-where In Time* was given a 3.

I like heavy metal rock, hard and soft, but I don't criticize other people's music.

T.C., Chauvin





LAST SCENE

In the truest sense freedom can not be bestowed, it must be achieved. — Franklin D. Roosevelt

PHOTOGRAPH: ALLSPORT/STEVE POWELL